

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Breakfast	1.5 c. Kashi GO Lean 1 c. Berries 1.5 c. Skim Milk	2 Kashi GO LEAN Waffles 1 c. Berries 1 c. egg whites 1 Slice LF cheese 1 Tbsp. Honey, or SF syrup	1.5 c. Kashi GO Lean 1 c. Berries 1.5 c. Skim Milk	2 Kashi GO LEAN Waffles 1 c. Berries 1 c. egg whites 1 Slice LF cheese 1 Tbsp. Honey, or SF syrup	1 Flat Out Multi-Grain 2 Tbsp. Nut butter 1 Banana Sliced 1 Tbsp. Honey 8 oz. Skim Milk		Recovery Drink then Breakfast of Choice	2 Kashi GO LEAN Waffles 1 c. Berries 1 c. egg whites 1 Slice LF cheese 1 Tbsp. Honey, or SF syrup
Snack	1 Grab the Gold Bar	1c. LF yogurt 1/2 c. Kashi Crunch Cereal	25 Almonds	1c. LF yogurt 1/2 c. Kashi Crunch Cereal	1 small Trader Joe's LF muffins			
Lunch	1 3/4 c. Chicken-garbanzo salad* 6 wheat pita wedges 1.5 c. Grapes	Trader Joe Salmon Patty Whole Wheat Bun Lettuce, Tomato, spinach on sandwich Dill mixed with 1 laughing cow light wedge for spread on bun 1 bag Carrot Sticks 1 serving Salt and Pepper Rice Chips (Trader Joes)	1 3/4 c. Chicken-garbanzo salad* 6 wheat pita wedges (or 5 mini pita pockets from Trader Joes) 1.5 c. Grapes	Trader Joe Salmon Patty Whole Wheat Bun Lettuce, Tomato, spinach on sandwich Dill mixed with 1 laughing cow light wedge for spread on bun 1 bag Carrot Sticks 1 serving Pita Puffs (Trader Joes)	1 large Potato Baked 1.5c. Broccoli Cooked 1/2 c. Chick Peas 1 1/4 c. Feta 1 Tomato, diced (or 1/2c. canned Italian diced tomato)			1 Apple 2 Tbsp. Nut Butter 100 additional calories if hungry
Snack	35 Thin Mini Soy Seed-rice crackers (Trader Joes) 1 Orange or 3 Clementines	1 Apple 20 Gorgonzola Crackers (Trader Joes) 2 Laughing Cow Light Cheese Wedges	35 Thin Mini Soy Seed-rice crackers (Trader Joes) 1 Orange or 3 Clementines	20 oz. Gladiator Smoothie	30 Gorgonzola Crackers (Trader Joes)		1 Apple 20 Gorgonzola Crackers (Trader Joes) 2 Laughing Cow Light Cheese Wedges	
Dinner	6 oz. Grilled Fish of choice 2 c. Grilled, marinated Veggies* 2 pieces Brushchetta (I recommend Trader Joes Fresh)	6 oz. grilled chicken breast 2 c. Blueberry Almond Waldorf Salad*	1 c. Cous Cous, cooked 1/2 c. cannelli beans 15 graped tomatoes, cut in half 1/4 c. Feta 1 Tbsp. Kalmatta olives, sliced 1 Tbsp. Fresh Basil or 1 tsp. dried 1 tsp. olive oil +1 Tbsp. garlic and red wine vinegar	4 oz. Grilled Fish Choice 4 c. Spinach Greens 1 c. Strawberries, sliced 2Tbsp. Blue Cheese crumbles 2 Tbsp. Almonds, sliced 2 Tbsp. Newman's Own Light Balsamic Vinegarette 2 oz. Whole Grain Baguette	1.5 servings Fresh Chicken Quinoa Salad*	Big Night Out Date- Bill's Choice?	5 oz. Grilled Chicken Breast 1.5 c. Baked Sweet Potato Fries 1 c. Broccolini, steamed 1 c. mixed mango and strawberries, sliced	
Snack	5 Righteous Rounds Cookies (Trader Joes)	5 oz. wine	1.5 oz. Jack Daniels	5 Righteous Rounds Cookies (Trader Joes)	6 oz. Light Chocolate milk 2 Fig Newtons		3/4 c. Mango Vanilla Soy Ice Cream (Trader Joes)	
	Grilled Marinated Veggies 1 Zucchini 1 Yellow Squash 1/2 Eggplant 1 Red Onion Cut all veg length wise into thin strips. Combine marinade: 1/3 c. Balsamic Vinegar, 2 Tbsp. Olive oil, 2 Tbsp. Italian Herbs, 2 Tsp. Molasses, Salt and Pepper to taste. Add veg to marinade for at least 30 minutes. Remove from marinade and grill to desired tenderness.	*Blueberry Almond Waldorf Salad Toss: 1/4 c. toasted sliced almonds, 1 Green Apple sliced, 1 Gala Apple sliced, 1/2 c. fresh blueberries, 3 c. spinach. In separate small bowl combine 1 tsp. honey, 1/4 c. yogurt, 1/2 tsp. Dijon Mustard. Spoon over salad mixture and serve.	Chicken-garbanzo salad* Mix all ingredients: 9 oz. cooked cubed chicken breast, 1 can chickpeas (drained/rinsed), 1 c. chopped cucumber, 1/2 c. chopped green onion, 1/4 c. chopped mint or basil, 1/2 c. yogurt, 2 garlic cloves minced, pinch salt, 2 c. baby spinach, 1/3 c. crumbled feta, 1 tsp. lemon juice		*Fresh Chicken Quinoa Salad 1 can Low Sodium Chicken Broth 1/2 tsp. Cinnamon 1/4 tsp. Nutmeg 1/4 tsp. Curry Powder 1c. Uncooked, Quinoa 1/2 c. Green onion, chopped 1 c. celery, chopped 2 c. Cucumber chunks 2c. Red Bell Pepper, cubed 2 c. Yellow Bell Pepper, cubed 2c. Pineapple Chunks 1 tsp. mint (if desired) 1.5# Chicken breast, cooked and cubed 3 Tbsp. Apple Cider Vinegar 3Tbsp. Water 2Tbsp. Olive Oil 1.) Cook Quinoa in proper amount of chicken broth (instead of water) according to package directions, but add Cinnamon, Nutmeg, and Curry Powder. 2.) Toss all veg and chicken with cooked quinoa. 3.) Mix vinegar, water, and oil. Then toss with salad.			